



BEACH AND WATER SAFETY

San Diego Police Department

December 16, 2014

In an effort to avoid tragic accidents, San Diego lifeguards ask anyone coming to the beaches and coastal areas to follow these safety tips:

- Learn to swim.
- Swim near a lifeguard.
- Never swim alone.
- Supervise children closely, even when lifeguards are present.
- Don't rely on flotation devices, such as rafts or inner-tubes. Even US Coast Guard approved life jackets are not a substitute for swimming ability.
- If caught in a rip current, swim sideways until free of the current. Don't swim against the current's pull.
- Do not swim while under the influence of illicit drugs, medications that may cause impairment or alcohol.
- Protect your head, neck and spine -- don't dive into unfamiliar waters -- feet first, first time.
- If you are in trouble, call or wave for help.
- Follow regulations and lifeguard directions.
- Swim parallel to shore if you wish to swim long distances.
- Scuba dive only if trained and certified -- and within the limits of your experience and training.
- Report hazardous conditions to lifeguards or other beach management personnel.
- Stay clear of coastal bluffs, they can collapse and cause injury.
- Never turn your back to the ocean -- you may be swept from tide pool areas by waves that can come without warning.